



Hot soup accompanied by a crisp garnish is a lunch time leader. Soups such as long cooking Navy Bean Soup and quick Busy Day Soup in place of a sandwich or main dish on a cold winter day are pucked lunch favorites with young and old alike.

Cream of Carrot Soup

▲ Base Recipe

Wash, scrape or pare, dice and cook
3 medium-size carrots (about 1½ cups, diced)

Meanwhile, melt in a saucepan over low heat

2 tablespoons butter or margarine
Add and cook until transparent
2 teaspoons minced onion

Blend in a mixture of
2 tablespoons flour
½ teaspoon salt
¼ teaspoon monosodium glutamate
½ teaspoon pepper

Heat until mixture bubbles. Remove from heat. Gradually stir in

2 cups milk
Cook rapidly, stirring constantly, until sauce thickens.

When carrots are tender, force through sieve or food mill and add with any remaining liquid to white sauce. Beat with rotary beater until thoroughly mixed. Heat to boiling.

Immediately pour lunch portion into preheated vacuum bottles; cover tightly.

4 servings

—Cream of Celery Soup

Follow ▲ Recipe. Substitute 2 cups (about 4 stalks) finely chopped celery for carrots. Do not sieve celery. Add 2 tablespoons finely chopped celery leaves with seasonings.

Potato Soup

Set out a 2-qt. saucepan having a tight-fitting cover and a heavy 8-in. skillet.

Wash, pare and cut into ½-in. cubes
3 medium-size (about 1 lb.) potatoes

Put potatoes into the saucepan with

2 cups boiling water
¼ cup chopped onion
2 or 3 leeks, rinsed and chopped
1 stalk celery, rinsed and diced
1 teaspoon salt
½ teaspoon monosodium glutamate
½ teaspoon celery salt
¼ teaspoon pepper

Cover saucepan; boil at moderate rate about 15 min., or until potatoes are tender.

Meanwhile, panbroil in the skillet

4 slices bacon

Remove to absorbent paper and set aside.

When potatoes are almost tender, heat in the same skillet

3 tablespoons bacon drippings

Blend into the drippings

1 tablespoon flour

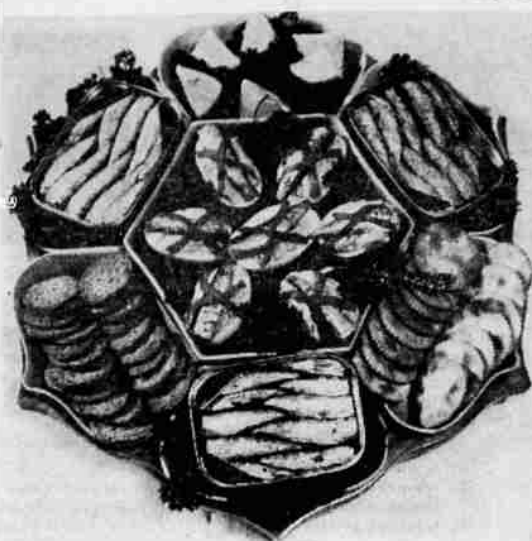
Heat until mixture bubbles. Remove from heat and add gradually, stirring constantly

1 cup milk

Return to heat and bring mixture rapidly to boiling, stirring constantly. Gradually add this mixture to potato mixture, stirring constantly. Crumble bacon into potato mixture. Cover and simmer about 5 min.

Pour lunch portion into preheated vacuum bottle. Cover tightly.

4 to 6 servings



COCKTAIL APPETIZERS ON LAZY SUSAN — An eye-catching display of delicious food, attractively arranged on a Lazy Susan, is a credit to every hostess. Here the small tray, covered with a bed of fresh parsley, holds opened cans of Norway sardines, lemon sections, crisp crackers and Melba toast. Stuffed eggs, Olaf, dominate the center of this inviting dish. Makes entertaining easy, too.

Entertaining Made Easy

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Salt and pepper to taste
Pimento strips
Hard boil the number of eggs desired and let cool in cold water. After removing shells, cut eggs in half lengthwise and scoop out yolks and mix with piccalilli or relish and mayonnaise. Season to taste. Stuff eggs with mixture, top each egg-half with a sardine and decorate with a crisscross of red pimento strips.



Cooking School SPECIALS

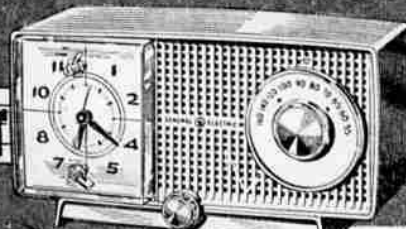


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OTHERS SEE THEM

What we can't see we often tend to neglect. This is especially true of various parts of the anatomy, such as the elbows and back of the neck, that are exposed to the world. Both respond to a good scrubbing followed by a moisturizing cream. Quite often we must take more drastic steps with our elbows, because they tend to get rough and flaky from neglect.

To keep the skin soft and pliable, massage your elbows with a soapy lather as you bathe, then follow with a sponge. Or, if your skin is particularly rough, use a pumice. Dry thoroughly and apply the cream.

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